



CITY OF SOUTH BEND

PETE BUTTIGIEG, MAYOR

Office of the Mayor

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MAYOR BUTTIGIEG, SOUTH BEND STUDENTS TO CELEBRATE LET'S MOVE! ACHIEVEMENT

South Bend first city in Indiana to achieve gold medals in all five categories

Mayor Pete Buttigieg will join fourth-grade students from Kennedy Primary Academy at LaSalle Square Unity Gardens, 3701 Prast Boulevard, on Thursday, September 10 from 10:15 to 11:30am to celebrate South Bend becoming the first city in Indiana to achieve gold medals in all five categories of the Let's Move! Cities, Towns and Counties initiative.

"Let's Move," an initiative launched by First Lady Michelle Obama, is dedicated to solving the challenge of childhood obesity within a generation. "Let's Move!" was designed to help early child-care and education providers incorporate best practices for nutrition, physical activity, and screen time into their programs. South Bend is one of 400-plus "Let's Move!" cities throughout the nation.

Communities that sign up for "Let's Move!" commit to five achievable, measurable goals that promote sustainable strategies to improve the health of residents. In partnership with the St. Joseph County Health Department, the Reducing Obesity Coalition of St. Joseph County, HealthWorks! Kids' Museum (a designated "Let's Move!" museum), the City of South Bend Department of Parks and Recreation, and the South Bend Community School Corporation, the City met all five "Let's Move!" goals:

- 1) Start Early, Start Smart
- 2) My Plate, Your Place
- 3) Smart Servings for Students
- 4) Model Food Service
- 5) Active Kids at Play

On Thursday, the students will take a tasting tour, trying green beans, sweet peppers, mustard greens, tomatoes, and mint. Chef Alan Seidler at Corby Hall Notre Dame and Chef Brent Spring, chair of Ivy Tech's Hospitality Administration program, will demonstrate how to make a kale salad with sautéed summer squash and mandarin orange vinaigrette.



South Bend's first Unity Garden was designed in 2008 to provide access to healthy food for people in poverty. The idea has since grown into a free open gardens concept to encourage healthy eating and community cohesiveness.

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